

# Useful resources



## Common asthma triggers

Read time: 15 min

Information on a range of asthma triggers and ways to reduce or avoid those.

Publisher: Asthma + Respiratory Foundation, NZ

[Visit website](#)



## Triggers in asthma

Read time: 19 min

Information on allergic and non-allergic asthma triggers and how to practically reduce and manage exposure to these in this downloadable booklet.

Publisher: Asthma + Respiratory Foundation, NZ

[Download PDF](#)

This information was downloaded/printed from the Ministry of Education's website "Inclusive Education". Except where otherwise noted it is Crown Copyright 2018.

Information on the Inclusive Education website is regularly updated so we recommend you check the website version of this information to ensure it remains current.

---

